

# FOXBORO RECREATION DEPARTMENT

40 South Street

Foxboro, Ma.02035

(508) 543- 7255

Website [foxboroughma.gov/recreation](http://foxboroughma.gov/recreation)

Foxboro Recreation department is on facebook

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# 2011 Fall Pre school Programs

## ***SPORTS***

### **Pee Wee Soccer**

Who: Boys and Girls ages 3-5

When: Weds. 9:30-10:30am or 1:00pm-2:00pm 10/26-12/14(no class 11/23)

Thurs. 9:30-10:30am or 1:00pm-2:00pm 10/27-12/15(no class 11/24)

Where Foxboro Sports Center East Belcher Rd..

Fee: \$55. For 6 weeks

We are thrilled to have Christine Dodds back to instruct for this popular program. Kids have extra energy so this class is perfect to burn it off! This non-competitive instructional program introduces new players to basics such as dribbling and shooting. Returning players will have a chance to improve skills. Players should wear shin guards and sneakers or cleats. Space is limited.

## **Reading and Crafts with Miss Pam**

### **Eric Carle Book Club**

Who: Boys & Girls ages 2.5-5

When: Tues. 9:30-10:30 or 12:30-1:30 9/27- 1/8 (no class 10/18)

Where: CRRRA Rec. Hall 68 Mill St.

Fee:\$48.00

Instructor: Pamela Aldrich, Certified elementary teacher

Learning to read and being read to are the key to teaching kids the love of books! Miss. Pam is back to help your child explore the great children's series of Eric Carle- "The Very Hungry Caterpillar" , " The Grouchy Ladybug" and other favorites. Each week a book will be read, followed by simple questions to help them absorb the story. To reinforce the story children will create a craft to help them remember and retell the story. On the last class children will create their own book with their own drawings and a story they make up Space is limited, sign up early to avoid disappointment.

### **Dr. Seuss' Book Club**

Who: Boys & Girls ages 2.5-5

When: Tues. 9:30-10:30 or 12:30-1:30 11/15-12/20

Where: CRRRA Rec. Hall 68 Mill St.

Fee:\$48.00

Instructor: Pamela Aldrich, , Certified elementary teacher

Same class offering with the focus on Dr. Seuss books. Sign up for one or both.

It's a great way to reinforce the love of reading

These are both drop off programs.

### **Toasters, TV's and Tools**

Who: Boys & Girls ages 3-5

When: Tues. 1:45-2:30 10/4- 11/29 (no class 10/18)

Where: CRRRA Rec. Hall 68 Mill St.

Fee: \$48.00

Instructor: Pamela Aldrich, Certified elementary teacher,

While teaching kids about recycling, they will have a great time working with wrenches, screwdrivers and scissors. Kids will safely take apart old electronics (vcr's radios, clocks and whatever else we find!) Once they have taken them apart, they will have an opportunity to create personalized industrial art pieces! Creativity, small hand tools and taking things apart- it doesn't get more fun than this. Space is limited.

## **AGES 6 AND UP**

### **Junior Basketball**

Who: Boys and Girls in First and Second grade

When: 6:15 to 7:15 Session I Tues 11/1-12/6 or Weds. 11/2- 12/14 or

Thurs 11/3- 11/22 (no classes when school is closed)

Session II Tues 1/3-2/7/ Weds.1/4- 2/8 / Thurs. 1/5- 2/9

Fee: \$65 per session

Where: Burrell School Gym

Session highlights include instruction on basic hoop fundamentals including dribbling, passing, shooting, and defense. End of Session "Scouting reports" allow players to gauge their progress. All participants receive a t-shirt. Volunteer coaches are desperately needed for this program to run.

This program fills up fast so sign up early to avoid disappointment!

## Baking with Melody ages 6 and up

Who: Boys and Girls ages 6 and up

When: Thursdays 9/22 to 10/27 3:30 – 4:45

Where: Booth Office @ 80 South Street

Fee: \$65.00

Class size: Limited to 10—Sign up quickly to avoid disappointment!!

Instructor: Melody Leighton

Children will have the opportunity to experience making the following treats:

Week I        Cake decorating including frosting flowers

Week II       Let's make fudge!

Week III      Cupcakes with yummy fillings

Week IV      Delicious chocolate covered surprises

Week V       Cinnamon Rolls

Week VI      Kids Choice

These sweets will be sent home to your family. All children will receive recipe cards each week, and will complete a recipe book by the end of the six week class.

## ***MUSIC, DANCE AND PARTIES!***

### Guitar Lessons

Who: Children 7 and up

When: Weds 4-5pm (advanced students) 10/5-11/9( session II to follow)

Thurs. 4-4:45pm (beginner students) 10/6-11/10 (session II to follow)

Where: Rec.Office 80 South St.

Fee: \$80.00/ 7 weeks

Instructor Jamie Heffernan will teach the eager beginners with

**Basic Guitar Lessons.** Jamie will teach simple necessities, of hand position basic scales, and beginner picking techniques. All students provide the guitar and willingness to learn. A curriculum will be handed out at the beginning of the class. Simple melodies will be the goal of this class. (Max 5)

### **Advanced Guitar Lessons**

Participants must have attended the beginner's class or have previous experience. Students will further their skills and be given hand outs to practice at home. (Max 5)

At the end of each session both classes will perform for family/friends.

## 5<sup>th</sup> and 6<sup>th</sup> Grade Dance /Social Parties

When Friday 9/16, Thur. 10/6 and Thurs.11/10 7-9pm

Where: Invensys Cafeteria

Fee \$6.00 at the door

The Party will start at 7pm and there will be games, contests and prizes. As always, snacks and drinks are available to purchase for \$.50 and \$1.00.

At least 5 Chaperones are needed for each dance or it will be canceled. Bring the kids and come volunteer with us! Call us at 508-543-7255.

## 7<sup>th</sup> and 8<sup>th</sup> Grade Friday Night Dance/Social Party

When Friday 10/28, 7-9pm

Where: Invensys Cafeteria

Fee \$6.00 at the door

The Party will start at 7pm and there will be games, contests and prizes. As always, snacks and drinks are available to purchase for \$.50 and \$1.00.

At least 5 Chaperones are needed for each dance or it will be canceled. Bring the kids and come volunteer with us! Call us at 508-543-7255.

## BIRTHDAY PARTIES

Choose from the following list of available themes, or let Beth Bayuk create one for you:

Puppet Theater Production Party

Cowboy Party

Sweet 16 Party

Sweet 16 Party

Tea Party

Spa Party

Treasure Hunt Party

Winter Wonderland Party

All parties are held at CRRA 68 Mill Street Recreation Hall, and are 90 minutes in length. Our services include one-of-a-kind invitations, and mailing, "theme decorations and set up, "theme" activities, a "theme" craft, a "party-memory" T-shirt for the Birthday girl or boy, gift list, and clean up.

All parties are \$165.00 for the first 10 guests, \$10.00 for each additional guest. For parties of 11 or more guests, a \$25.00 assistant's fee will be charged.

## ADULT FITNESS PROGRAMS

### **Men's OVER 21 BASKETBALL**

When: Thursday 7:30 – 9:30pm (no class 2/18)

Where: Ahern School Gym

Fee: \$2.00 at the door

ID's will be checked. Informal play with teams rotating on and off the court. Bring your "A" game, sneakers and water.

### **HATHA YOGA**

Who: Men and Women of all Ages

When: Wednesdays 6:30- 7:45pm

Session I 9/7-11/2 (8 weeks) Session II 11/9- 12/28 (8 weeks)

Fee: \$80.00 per session/ \$12.00 walk ins

Where: The Chapel Meeting house. 56 Mill St.

Instructor: Diane Lancaster

Diane has been a fitness instructor since the 80's. Her background includes choreographed aerobic dance, muscle conditioning, rope jumping, agility training and Pilates. She has been practicing yoga since 1998 and teaching since 2004. This class is great for the mind, body and spirit. Quiets the mind and reduces stress, refresh the body with this classic Hatha Yoga class. Increased flexibility and strengthen the body through postures, breathing and meditation. This class is suitable for all levels of ability, age and physical condition.

### **NOT SO LIGHT HIKING**

Who: Men & Women who enjoy working out

When: Mondays 8:30-10:00 Session I 9/27-11/1 session II 11/8-12/13

Where: Blue Hills, Canton

Fee: \$45.00

Instructor: Carrie Guerrini fitness instructor Certified AFAA

Carrie is back to safely lead hikers through the trails of Blue Hills. Hikers will experience the Red, Green and Blue trails. Each a little more challenging as you increase your stamina. For those interested some trail running will be offered. Have fun; enjoy the outdoors with an experienced and avid hiker with vast training experience. Hikes will vary in time from 45 minutes – 1.5 hours. The previous session filled and participants were excited with each week's offerings. Don't miss out- sign up with a friend! Session II will fend off holiday weight and stress! Rain days will be made up.

## ADULT EDUCATIONAL CLASSES

### **Couponing 101- BECOMING A COUPON GURU**

Who: Shoppers of all ages

When: Sat 10/15, 1-2pm or Tues. 10/17, 7-8pm or Tues 11/1 7:30-8:30pm

Where: CRRRA Rec. hall 68 Mill St.

Fee: \$10.00

Instructor: Marie Peters, experienced knowledgeable coupon enthusiast

This 1 hour class will show you how to use coupons, sales and flyers to become a strategic shopper with big savings! These strategies will teach you how to save money using coupons. Marie is teaching this class in other communities and is creating a buzz! She will share her knowledge of how to learn and work store savings programs, where to find the best coupons and when to use them. Never pay full price again. After class there will be a Q &A session and Marie will be providing hand-outs as well. Don't miss out! Sign up with a friend and get ready to save!!

### **COUPONING 101- BEYOND THE GROCERY STORE**

Who: Shoppers of all ages

When: Tues 11/7 7:00-8:00pm

Where: CRRRA Rec. hall 68 Mill St.

Fee: \$10.00

Instructor: Marie Peters, experienced knowledgeable coupon enthusiast

Just like couponing 101 this class will provide you with the knowledge you need to save \$\$ on products at stores such as CVS, Walgreens and more. Once again, you will be learning tips on how to work a store sale, the best coupon sites, and the best time to use them. Also discussed will be store "rewards systems" and how to use them to your advantage. NEVER PAY FULL PRICE AGAIN! This is a class that will come in very handy for the upcoming holidays! Join us and learn what all the "Coupon Gurus" know that you don't!

## **JUST IN TIME FOR THE COLLEGE SEARCH**

Let instructor Patricia Evans help answer all your questions about the college entry process. She will help navigate you and your child through The Common Application process, Playing Division I, II or III sports and writing the College Essay. Pat is a former English teacher and SAT prep instructor, writing tutor and college admissions advisor with 30 years experience. She will be able to answer all your questions and address all concerns. See classes below.

## **NAVIGATING THE COMMON APPLICATION PROCESS**

Who: College Bound Juniors & Seniors Students and Parents

When: Mon 10/3 7-9pm or Thurs. 10/5 7-9pm

Where: CRRA Chapel 56 Mill St.

Fee: \$20.00 per person or \$30.00 per family

Over 400 colleges now use the “Common Apps” in their admissions process. This two hour class is geared towards parents and seniors who are planning to use the Common App. She will go through the application, go over the list of schools who encourage use of this application, look at some schools that require “supplements” and go over how to choose for essay topic and list school, community and other extra – curriculum activities

## **HOPING TO PLAY DIV.I, II, III SPORTS IN COLLEGE**

Who: Parents of college bound Juniors (with or without student)

When: Mon. 11/7 7-9pm

Where: CRRA Chapel 56 Mill St.

Fee: \$20.00 per person/ \$30.00 per family

This one night session is geared for parents of juniors who may play a sport in college. We will cover the importance of registering early with NCAA, reaching out to coaching staffs, and the process of choosing and visiting schools. Students are welcome to attend.

## **GET THAT COLLEGE ESSAY WRITTEN NOW**

Who: College bound Seniors

When: Thurs 10/13, 10/20, and 10/27, 7-8:30pm (3 sessions)

Where: CRRA Chapel 56 Mill St.

Fee: \$75.00 per student

Once your senior has decided where he/she will apply, the most difficult part of the college process is writing the essay. Participants in this 3 session course will complete their essays prior to any college’s “early action” or “early decision” date. We will choose topics, write and refine each essay and be sure it is the appropriate length for the Common Application, when necessary. Class size is limited to 10 students to ensure plenty of individual attention.



## REGISTRATION FORM

Participant's Name:

DOB:

Parent/Guardian Name:

Address:

Phone #:

Cell/Emergency #:

Email:

T-Shirt Size:

Interested in coaching or volunteering? Y/N circle one please

Program Selection/Selections (including session if applicable)

- 1.
- 2.
- 3.

Make checks payable to Foxboro Recreation. Mail form along with payment to Town Hall 40 South St. or drop off at Foxboro Rec Office at 80 South St.

Read and Sign Below: I am fully aware of the risks inherent and hereby give my consent for the above named applicant to participate in the programs offered by the Foxboro Rec. Dept. and hereby release the Town of Foxboro and its elected or appointed officials or instructors from any and all liability from injuries, claims, demands, costs and loss of services, expenses and or damages sustained by participant in said programs or events.

- Consider yourself enrolled unless you hear otherwise
- Full payment is due with Enrollment
- Enrollment is on a first come first serve basis, until max # of persons is reached
- Classes are subject to change or be cancelled due to low enrollment
- Reg. Form can be accepted at Town Hall or in our mail Slot at 80 South St.
- There are no refunds unless class is cancelled, filled or Dept. changes in offerings prohibit attending.
- One form per person
- Material fees are paid to the instructor on the first night.
- For program cancellation please watch cable 8, or visit our website or ,facebook

Parent/Guardian Signature:

Date:

